JLO 210 SEM 1 NOTES:

UNIT 2:

WHAT IS COMMUNICATION:

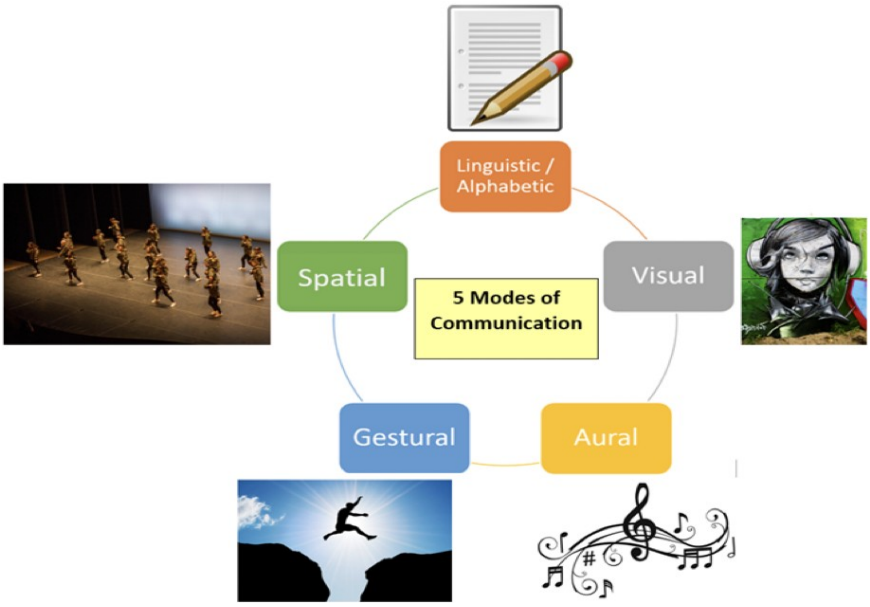
- Communication is the imparting or exchanging of information by speaking, writing, or using some other medium.
- We all communicate something every day to other people – be it ideas, gossip or new information.
- The question is, what is communication?

The process of communication involves a myriad of things, including for instance:

- communicator
- participants
- information/content to be exchanged
- communication channels and media

Human beings are keen to share their thoughts with others. They are keen to send and receive messages. They do so by talking and writing, and more. This is called communication

MODES OF COMMUNICATION:



EXAMPLES OF THE DIFFERENT MODES OF COMMUNICATION:

1-Linguistic: Shopping lists, emails, text messages, academic essays, and the automated voice you hear, as you're on hold with customer service, use the linguistic/alphabetic mode since they rely on words to create meaning.

2-Visual: videos, memos, slide presentations, paper handouts print media, images, and graphs.

3-Aural: A recording of a public speech that is delivered orally to a live audience, a radio address, or a podcast.

4-Gestural: Facial expressions, hand gestures, body language, and interaction between people

5-Spatial: refers to the arrangement of elements in space. It involves the organisation of items and the physical closeness between people and objects. A good example of the spatial mode might be the different ways in which chairs and desks are arranged in a classroom.

MEANS OF COMMUNICATION:

- Instagram
- Tiktok

BASIC TYPES OF RELATIONSHIPS

- Family relationships.
- Friendships.
- Acquaintances.
- Romantic relationships.
- Sexual relationships.
- Work relationships.
  - Situational relationships (sometimes called "situationships")

HEALTHY RELATIONSHIPS:

- Communication is a key part of building a healthy relationship. The first step is making sure you both want and expect the same things -- being on the same page is very important.

The following tips can help you create and maintain a healthy relationship:

- **Speak Up.** In a healthy relationship, if something is bothering you, it’s best to talk about it instead of holding it in.
- **Respect Your Partner**. Your partner’s wishes and feelings have value. Let your significant other know you are making an effort to keep their ideas in mind. Mutual respect is essential in maintaining healthy relationships.
- **Compromise**. Disagreements are a natural part of healthy relationships, but you must find a way to compromise if you disagree on something. Try to solve conflicts fairly and rationally.

- **Be Supportive**. Offer reassurance and encouragement to your partner. Also, let your partner know when you need their support.
- Healthy relationships are about building each other up, not putting each other down.

Respect Each Other's Privacy. Just because you're in a relationship, doesn't mean you have to share everything and constantly be together. Healthy relationships require space.

- **Mutual Respect:** Each person respects the other's boundaries, opinions, and individuality. They value each other's feelings, needs, and perspectives.
- **Trust:** There is a foundation of trust where both individuals feel confident in each other's honesty, reliability, and fidelity. Trust is built over time through consistent behaviour and open communication.
- **Communication:** Healthy relationships thrive on open, honest, and effective communication. Both partners feel comfortable expressing their thoughts, feelings, and concerns, and they actively listen to each other without judgment.
- **Support:** Partners support each other through both good times and challenging times. They encourage each other's personal growth and goals, and they provide emotional, practical, and moral support when needed.

Empathy and Understanding: There is empathy and understanding towards each other's experiences, emotions, and perspectives. Both individuals make an effort to see things from the other's point of view and validate each other's feelings.

6. Equality and Fairness: Healthy relationships are based on equality and fairness, where decisions are made collaboratively and power is balanced. There is no place for one person to dominate or control the other.

7. Boundaries: Respect for boundaries is crucial in healthy relationships. Each person's autonomy and individuality are acknowledged and honoured, and boundaries are communicated and respected.

8. Conflict Resolution: Disagreements and conflicts are inevitable in any relationship, but in healthy ones, conflicts are handled constructively and respectfully. Both partners work together to find solutions and compromise when necessary.

9. Shared Values and Goals: While partners may have their own interests and passions, they also share common values and goals. This alignment creates a sense of unity and purpose within the relationship.

10. Fun and Enjoyment: Healthy relationships include moments of joy, laughter, and shared experiences. Partners enjoy spending time together and make an effort to nurture the connection and intimacy between them.

HEALTHY BOUNDARIES:

- Establishing boundaries is essential for fostering a healthy and secure relationship. Collaboratively setting boundaries allows both partners to gain a deeper understanding of the type of relationship they desire. Boundaries should not induce feelings of confinement or walking on eggshells.
- Creating boundaries is not indicative of secrecy or mistrust; rather, it is an assertion of personal comfort levels and preferences within the relationship.

It is important to recognise that healthy boundaries do not inhibit:

- Spending time with friends independently.
- Engaging in individual activities and hobbies.
- Maintaining privacy, such as not sharing passwords to personal accounts.

Respecting each other's preferences and needs.

HEALTHY RELATIONSHIP BOOSTERS:

- **Communication:** Regular, open, and honest communication is foundational for understanding and connection.
- **Respect:** Mutual respect for differences, perspectives, and boundaries is crucial.
- **Support:** Being each other's support system through both challenges and triumphs strengthens the bond.
- **Quality Time:** Making time for shared activities and meaningful moments fosters intimacy.
- **Trust:** Upholding trust and honesty as fundamental values is essential for a strong relationship.

Emotional Intimacy: Sharing thoughts, feelings, and vulnerabilities openly deepens the emotional connection.

UNHEALTHY RELATIONSHIPS:

- Unhealthy relationships stem from a dynamic of power and control rather than equality and mutual respect. In the initial phases of an abusive relationship, it's common to downplay or overlook concerning behaviours.

- However, actions like possessiveness, verbal insults, unfounded jealousy, yelling, humiliation, and physical aggression such as hair-pulling or pushing, all fundamentally represent attempts to assert dominance and control. It's important to recognize that abuse is a deliberate choice, and every individual deserves to be treated with dignity and respect.

- There are no justifications or excuses for any form of abuse.

When in an unhealthy relationship, it's important to consider several factors to assess the situation and make informed decisions about your well-being. Here are some things to consider:

- Recognising Signs: Acknowledge behaviours like control, manipulation, disrespect, or abuse.
- Impact on Well-being: Evaluate how the relationship affects mental, emotional, and physical health.
- Safety Concerns: Assess any threats to physical safety and note instances of aggression.
- Isolation and Manipulation: Reflect on social isolation and manipulative tactics like gaslighting.
- Cycle of Abuse: Recognise patterns of tension, abuse, apologies, and repetition.
- Seeking Support and Planning: Reach out for help, develop a safety plan, and consider options for exiting the relationship safely.

For tips on dealing with unhealthy relationships, please take our Healthy Relationship Quiz on loveisrespect.org

PROMOTING HEALTHY RELATIONSHIPS AMONG CHILDREN:

- Relationships play a key part in every child or young person's well-being.
- Healthy relationships can help a child feel secure and supported, but unhealthy relationships can have a long-lasting negative impact.
- Provide opportunities for children to play in different-sized groups. Plan activities that promote turn-taking.
- Encourage boys and girls to play alongside one another and avoid gender stereotyping.
- Ask children what they like or dislike about an activity. Help them express their thoughts and feelings in different ways and listen to the views of others.
- Where possible, allow children to decide whether or not they want to join in with an activity. Help them to say "no" if they don't want to do something.

Ensure that learners feel valued

UNIT 4:

SOCIAL EXCHANGE THEORY:

- Homans (1961, p. 13) defined social exchange as the exchange of activity, tangible or intangible, and more or less rewarding or costly, between at least two persons.
- Social exchange theory is an instructive theory in family science which relates to relationship formation, maintenance, and dissolution
- According to Blau (1964, p. 91): “Social exchange ... refers to voluntary actions of individuals that are motivated by the returns they are expected to bring and typically do bring from others.”

The social exchange involves the principle that one person does another a favour. While there is a general expectation of some future return, its exact nature is not stipulated in advance" (Blau, 1986, p. 93).

Reciprocity & Equity Theory: Peter Blau (1964) Walster, Walster & Berscheid (1978)

- Human behaviour involves a subjective and interpretive interaction with others which attempts to exchange symbolic and non-symbolic rewards.
- Individuals will continue to participate in social situations if they perceive that they

derive equal benefits from their participation.

- When relationships are no longer profitable -- when costs outweigh rewards -- or a party sees another relationship as more profitable, the relationship will likely be terminated for a better one.

Thus, social exchange theory emphasises the importance of understanding costs, rewards, and profits in initiating, maintaining, and ending human relationships (Sabetelli & Shehan, 1993; Smith & Hamon, 2012).

Elements of Social Exchange Theory

Thibaut & Kelley (1959) & Homans (1961)

- Perceived profit = rewards – costs (pp=r-c)
- We are all in relationships for profit.
- We leave relationships when we no longer perceive them as profitable or when the costs of staying outweigh the rewards.
- The theory also proposes that humans are motivated by self-interest and that they make choices that maximise profits while minimizing costs. (Self-interest (WIIFM) What is in it for me?)

- Seek fair outcomes, distributive justice, and equity
- Alter own behaviour or seek to alter others' behaviour to achieve desired outcomes

Exchange of resources via transactions

PERCEIVED PROFIT

- What individuals ***perceive*** they are profiting by being in the relationship (may or may not be "reality")
- Different and unique for each person
- Can be extremely high or close to no profit

As long as both parties view the relationship as profitable, the relationship can endure.

REWARDS:

- What we ***give*** each other in relationships

- What things do you get out of your relationships that you highly value?

  He does the dishes every night after dinner

  He buys me expensive jewellery

  She does the laundry & irons my shirts

  She writes me love notes and slips them into my briefcase

He gives me foot rubs after a stressful day

He pays for our house

She pays for our cars

TYPES OF REWARDS:

- Cash
- Goods
- Services

Sentiments

REWARD PROBLEMATICS

- **Reward Deprivation** – occurs when there is a type of reward one "perceives" a great need for but is not getting (and craves that reward). An individual may even leave the relationship and/or cheat to get what they perceive they need.
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Reward Satiation – occurs when one receives "too much of a good thing" and a particular reward comes to have little value, even if it was once important.

COSTS:

- Inherent (actual) – time, money, energy

- Psychological – stress of giving the reward
-

Rewards Foregone – what one gives up to give another a reward

THE PRINCIPLE OF VALUE OF OUTCOME:

- The more a person values the result of an action, the more likely s/he is to perform that action

PRINCIPLE OF REWARD

The more often a particular action of a person is rewarded, the more likely the person is to perform that action

THE PRINCIPLE OF DIMINISHING RETURNS:

- The more often in the recent past a person has received a particular reward, the less valuable any further unit of that becomes.

Reward Satiation

THE PRINCIPLE OF EXPERIENCE:

- If an individual's action has been rewarded in the past, then the individual

will enact the same action in circumstances similar to the one in which the previous action was rewarded.

PRINCIPLE OF DISRUPTIVE JUSTICE:

- When an action does not produce an expected reward, or causes unexpected punishment, a person will feel cheated and is likely to engage in punitive actions.

When an action produces an unexpected reward, or when it does not produce expected punishment, a person ingratiated or obligated will likely engage in approving behaviour.

PRINCIPLE OF RATIONALITY:

In any decision-making situation, a person will choose the action that maximises the expected value of the outcome, considering both the value and the likelihood of the outcome.

PRINCIPLE OF LEAST INTEREST: Willard Waller (1951)

- The person who has the ***least*** interest in continuing the relationship is able to

control the relationship and exploit the other partner.

In studying college dating:Men ⇒ financial & emotional investment for physical affection
Women ⇒ sexual investment to gain attention and commitment

RELATIONAL IMPLICATIONS:

- Refers to the consequences or effects that interactions within relationships have on the nature, dynamics, and outcomes of those relationships. In the context of Social Exchange Theory,

- Relational implications are closely tied to the investments, rewards, and costs involved in interpersonal interactions.
- All other things being equal, the greater an individual's satisfaction with his/her current relationship, the less likely she /he is to leave the relationship.

Regardless of the degree of relational satisfaction, an individual will choose to remain in a relationship if the perceived outcome of the current relationship **exceeds** the perceived outcomes of the alternative relationship.

ACHIEVING BALANCE:

- Individuals will often endure what seems like extreme costs if they perceive **future payoffs.**
- Individuals seek to create **ultimate exchanges** in which both people feel they are profiting highly but experiencing little if any, costs.
- **Obligation** can occur when exchanges are uneven, and a sense of indebtedness is created.

When couples struggle, it is seldom simply over who does what. Far more often, it is over the giving and receiving of **gratitude** (Hochschild, 1989).

COMPARISON LEVEL:

One's CL is the general standard for evaluating interaction outcomes. Anytime we perceive the outcome (REWARD-COSTS) is above our CL, we are relatively happy or satisfied with the outcome. Anytime the perceived outcome is below our CL, we are relatively unhappy or dissatisfied with the outcome.

Comparison Level of Alternatives (CLALT)

When we have better options available, we are more likely to experience change and

instability if our current outcomes fall below our Clalt.

WHY LEAVE AND FIND SOMEONE NEW:

In dissatisfying relationships, individuals will leave for a new one if the perceived outcomes of the new relationship are better than the current one.

A Relationship Building Activity for Demonstrating Social Exchange Theory

- What kind of partner do you want? What characteristics do you prefer? Which one would fit with you? Why?
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- What are some desirable traits to look for in a partner?

Could you please specify the qualities or characteristics that you do not prefer in a partner?

POSITIVE PERSONALITY TRAITS:

- Menti.com. Use one word to describe the following:
-
- What is the most important trait you look for in a partner?
-

What do you possess that you think a partner may find attractive about you?

NEGATIVE PERSONALITY TRAITS:

Let’s discuss negative personality traits and justify why we think those traits are negative.